

### ABSTRACT

A hair holder includes a flat tube having a sheet which forms a first side and a sheet which forms a second side. A hair bundle can be inserted from an opening at one end of the tube toward an opening at an other end of the tube. The sheet which forms the first side of the tube is more extensible in the length direction of the tube than the sheet which forms the second side of the tube. The sheet which forms the second side of the tube has a Taber stiffness of 0.4 mNm or higher. The sheet which forms the first side has an extensibility of at least 15 times an extensibility of the sheet which forms the second side under a load of 5 N.